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Winnipeg metro

CANADIAN MEDAL COUNTER 1 1 5

GOLD FOR PENNY

Late news: Canadian Penny Oleksiak made history and swam to joint gold in 100m freestyle

Your essential daily news | WEEKEND, AUGUST 12-14, 2016

High 22°C /Low 14°C Mix of sun and clouds

'How could he go so far?'

Video footage showing Aaron Driver is seen behind RCMP Deputy Commissioner Mike Cabana, left, and Assistant Commissioner Jennifer Strachan during a press conference for what the RCMP are calling a terrorism incident. JUSTIN TANG/THE CANADIAN PRESS

STRATHROY, ONT.

Father says terror suspect 'changed' after mom's death

A young man who was allegedly plotting a terrorist attack on a Canadian city was largely an unknown loner in the small southwestern Ontario town where he died in a police takedown.

But Aaron Driver had in the past provided glimpses into his journey from the "happy" Christian-born son of an Air Force corporal to a Daesh sympathizer.

Driver, 24, was a high school dropout who lived with his sister, Eileen Driver Dumont, in Strathroy, west of London, Ont., under court-imposed conditions. She is married with four children.

His father, Wayne Driver, lives in Cold Lake, Alta. His mother died when he was seven.

In an interview with the Toronto Star in February 2015, when he lived in Winnipeg, Driver said he took advantage of the fact that his immediate family — siblings, father and stepmother — was far-flung when he was younger.

"I partied a lot," he told the Star in an interview under his Muslim name, Harun Abdurahman. "I got into a little bit of trouble. But I think I decided eventually that I didn't want to live my life like that. I was looking for something different."

He began studying the Qur'an, he told the Star, and was drawn to Islam's "all-encompassing way of life." His family, meantime, thought it was a passing phase.

"Being members of the military, they're involved in fighting Muslims, whether directly or indirectly," he told the Star.

Driver's family members could not be reached for comment by The Canadian Press. But his father told CTV he hadn't seen his son for two years. He'd recently tried to connect with his son, Wayne Driver said, only to have him hang up on him.

"It was kind of unbelievable, how could he go so far and then reality sets in, and it's, 'Oh my God, my son is dead — what was he thinking?" Wayne Driver said.

He added his son was a happy child who "changed" when his mother died. "He kind of blamed me for her death and he was very withdrawn after that." THE CANADIAN PRESS

Complete coverage, page 9

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metro NEWS
Your essential daily news

Huffington Post co-founder Arianna Huffington departs company to head health startup.

Diversity slowly growing in Winnipeg's workforce

EMPLOYMENT

Fewer than 10 per cent of city staff identify as indigenous

Stephanie Taylor
Metro | Winnipeg

Slowly, but surely, the amount of diversity in the City of Winnipeg's workforce is increasing.

According to a civic spokesperson, approximately 10,253 people were said to work for the city in 2015, which includes all department staff, plus those in the fire and police service, as well as in special operating agencies.

A separate report prepared this year shows that 9.2 per cent of those employees identified as indigenous.

That's approximately 943 people, or fewer than ten per cent of the overall workforce, and below the city's indigenous population of 11 per cent, as cited by Statistics Canada in 2011.

"It's a huge improvement," Damon Johnston, a member of Mayor Brian Bowman's indigenous advisory circle and president of the Aboriginal Council of Winnipeg, said Thursday.

As a former 15-year employee of the city himself, Johnston once worked as a community resource coordinator with the indigenous community.

He said the number of indigenous people working with the city now seems to have improved since he left 11 years ago.

Since 2012, the report indicates the city has experienced a one-per-cent increase in its number of indigenous employees.

> **It's a huge improvement.**
> Damon Johnston, president of the Aboriginal Council of Winnipeg

Johnston points out economic factors, such as how many employees the city actually hires on an annual basis, can also make improving its diversity slow-going.

Nonetheless, he surmises the reasons behind the increase are manifold.

Johnston attributes part of the improvement to what he notes is a societal shift towards a greater acceptance of indigenous people.

He also applauds the work done by the city's indigenous relations division, which was established in 2013 under former mayor Sam Katz.

11.6% The percentage of all city employees that are visible minorities

943 The approximate number of indigenous employees

10,253 The average number of city employees across all departments, including fire and police, as well as special operating agencies in 2015

That office is mandated to work with various city departments to develop and improve programs in order to be more inclusive to the needs of the city's indigenous population.

Coun. Jenny Gerbasi (Fort Rouge-East Fort Garry), secretary of urban indigenous affairs, said one positive initiative has been the creation of internships for indigenous teens and students to work within various civic departments.

Gerbasi said the city is also transparent in its hiring practices and looks "favourably" on applicants who self-identify as diverse or indigenous.

She acknowledged, however, there is always room for improvement.

"Diversity is a good thing," said Gerbasi, referring to both politics and in the workplace.

Johnston said one step to ensure the city keeps increasing its diversity is to research and take action against what barriers Indigenous people, or someone with a disability, for example, face and fix it.

Gerbasi also pointed to the ongoing development of an Indigenous accord and the introduction of Indigenous training to all city employees as important top-down steps to continue growing a diverse workforce.

POLICE

Chopper use, costs on the rise

After last year, the province is in line to cover $1.8 million in operating costs for the Winnipeg police helicopter, AIR1.

The police recently published their annual report on the usage of the chopper, which has been in flight since 2011.

In total, the chopper responded to 2,162 incidents in 2015, and logged slightly more than 1,000 hours in the air.

"AIR1 continues to have a dramatic influence on the outcome of calls for service," reads the report.

It indicates the chopper aided police in apprehending 347 persons of interest, and led to 112 arrests.

"If it were not for AIR1, these apprehensions could not occur at the time, resulting in further investigative resources on the ground to complete the calls for service," continues the report.

The report shows the helicopter was most frequently used to help police deal with situations involving someone's wellbeing, as well as traffic stops and tracking suspicious persons.

The majority of incidents took place between April and October.

Since 2011 to 2015, AIR1 has cost the province $7.6 million to operate. These costs have seen a steady rise since the city introduced the chopper program back in 2010, after purchasing the aircraft for $3.5 million and striking an agreement with the province to fund its annual operating costs.

STEPHANIE TAYLOR/METRO

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HUDSON'S BAY

Premier reflects on first 100 days

ACCOUNTABILITY

Highlights his networking with premiers, transparency

Braeden Jones
Metro | Winnipeg

Premier Brian Pallister marked and reflected upon his first 100 days in government Thursday, highlighting what he sees as early accomplishments to date.

"We're just getting going, but we're excited with some of the progress we've made," Pallister said.

First among the tasks he's checked off his to-do list was assembling his team, not just of elected officials, though on that front he did reduce his cabinet size by one third, but also unelected staff.

"We faced a tremendous human resources challenge," he said. "It's something we haven't listed as an accomplishment but it is something that I think deserves mentioning; we have added and had to replace of course dozens of staff positions here."

In addition to having a good home-team, Pallister noted he has established a good working relationship on the road with his premier colleagues from coast to coast.

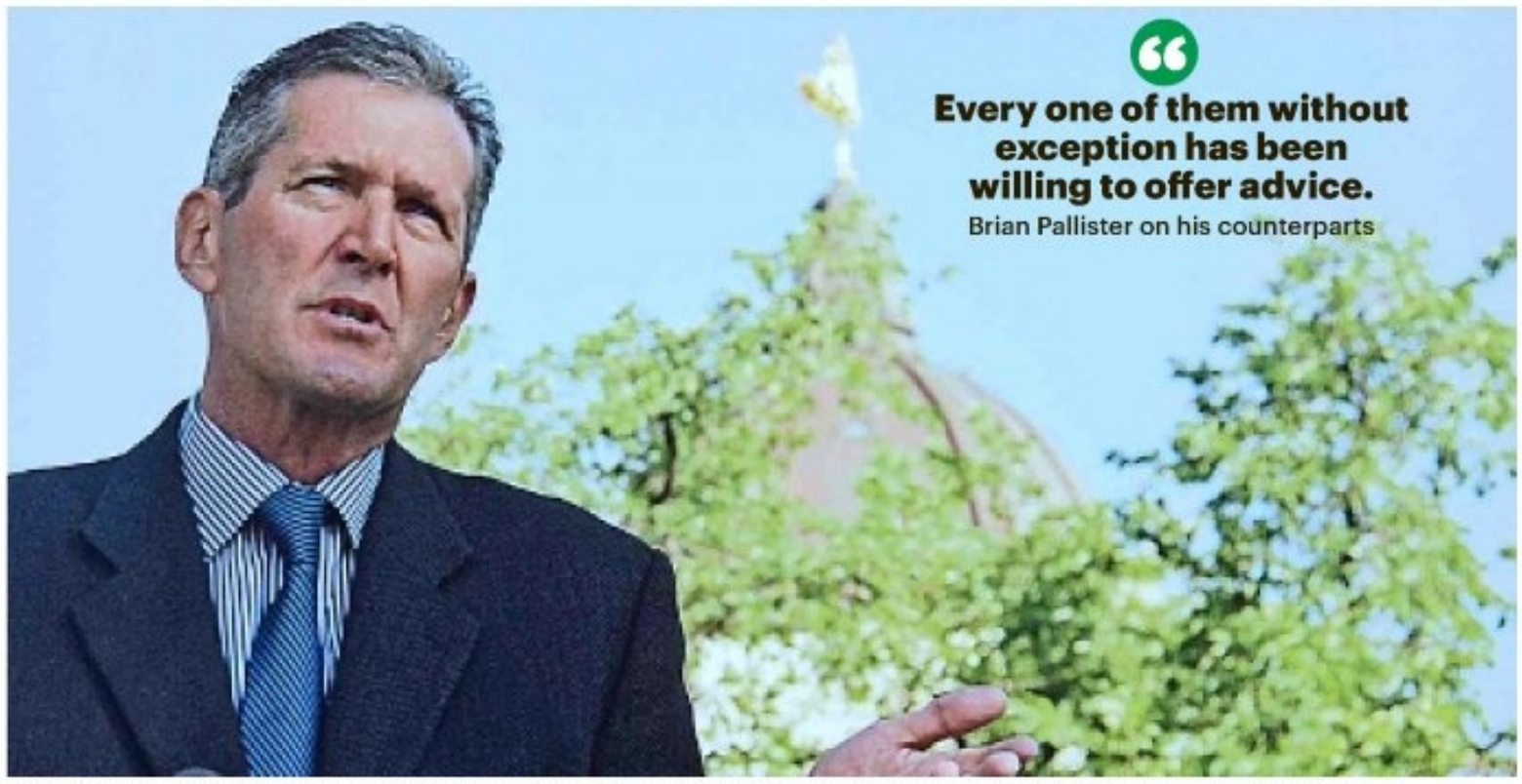
"Every one of them without exception has been willing to offer advice, and council, and suggestions," he said.

"We are able, as we repair some of the damage that's happened in Manitoba over the last number of years, to benefit from the experiences of other provinces and territories."

He said the co-operative relationship is playing well into health-care lobbying with the federal government as well as "additional improvements to the Canada Pension Plan (CPP)."

"Manitoba has led that charge," Pallister said. "I'm really pleased to tell you today we have a consensus among all Premiers of the country that the changes we have proposed will be supported by them as we move into our triennial review of the CPP.

"This is really a good opportunity for us — there is a consensus on improving the CPP, making it bigger in 30 years time… but our changes will make it better now, for everyone."



Premier Brian Pallister outlines his government's achievements at the Manitoba Legislature Thursday. BRAEDEN JONES/METRO

His dialogue with other provincial leaders has also been productive in setting the course for Manitoba to be a "keystone" of a new Canada Free Trade Agreement and the New West Partnership with Saskatchewan.

He added that his relationship with Prime Minister Justin Trudeau has been good so far.

He lauded the administrative accomplishment of launching the open government initiative, which includes the release of government documents from ministerial mandates to crown services framework letters, and sets fixed dates for writ drops and byelection timelines.

Pallister said frameworks for a health-care sustainability and innovation review are set.

The premier committed to give another 100-day incremental review and update in November.

DRUG BUSTS

Fentanyl intercepted

A Winnipeg man is accused of trying to import several grams of the potentially lethal drug fentanyl from Asia.

The Canada Border Services Agency says their officers intercepted 39 grams of the drug July 25 at the Vancouver International Mail Centre in a parcel from China, destined for a Winnipeg address.

It was declared as documents, but an inspection turned up a white substance which a CBSA lab analysis confirmed to be fentanyl — enough to produce 400 doses.

A joint investigation with the Mounties in Winnipeg led to the arrest last Friday of a 21-year-old suspect.

Jayden Obireck-Becker faces charges of importation and possession of a controlled substance for the purpose of trafficking and possession of a prohibited weapon.

He will appear in Winnipeg provincial court Sept. 8.

The agency also said it had previously recorded 84 seizures of the drug between Jan. 1, 2010, to March 31 of this year.

THE CANADIAN PRESS

STABBINGS

Witness becomes victim

A bystander who apparently witnessed a stabbing Thursday morning became a victim himself, and remains in hospital in unstable condition.

Around 4 a.m., Winnipeg Police responded to a call about an assault in the 500 block of Magnus Avenue.

A 34-year-old man who had been walking there was confronted by two males and stabbed. Officers stayed with him while waiting for medical assistance.

The victim was rushed to the hospital in critical condition.

Meanwhile, a second stabbing was reported, and police found a 32-year-old stabbing victim .

"This victim had observed the first assault," said Patrol Sgt. Andree Huberdeau. "He was then confronted by the same suspects and stabbed."

The officers who were nearby at the first scene did not witness the second stabbing but they were "very close by."

Different WPS officers responded to the second scene, while general patrol and canine units tracked down two adult male suspects. BRAEDEN JONES/ METRO

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FESTIVAL

Indie-rockers about to go Interstellar

Nigel Moore
For Metro | Winnipeg

Anyone who's heard Spirits — The Strumbellas' contender for song of the summer — knows how catchy it is.

(If a reminder is needed: "I got guns in my head and they won't go / Spirits in my head and they won't go." Repeat x9.)

Spirits will be on the set list when the Toronto six-piece band performs on opening night of the second annual Interstellar Rodeo music festival at The Forks, Friday to Sunday.

The single is so memorable, some listeners are even singing along from their car seats.

"We hear a lot from parents whose kids like the song. Like, little kids," said Strumbellas vocalist and keyboardist Dave Ritter. "The song is so simple and catchy, it almost has a nursery rhyme character to it."

While the Toronto indie-rockers released their third LP Hope last spring, don't expect a children's album from them any time soon. "Of course we have that sort of catchy vibe, but there is some dark subject matter on the record. We love that we have young fans, but our music is still pretty adult-oriented I think," said Ritter.

Local artists who will perform at Interstellar Rodeo this year include Begonia (Alexa Dirks of Chic Gamine), Del Barber, Leonard Sumner, Blond(e) Goth and Whitehorse's Luke Doucet, who claims Winnipeg as his hometown.

Headliners include Chicago alt-country band Wilco, case/lang/veirs, Serena Ryder and Nathaniel Rateliff & The Night Sweats.

GIDDY UP!

- Interstellar Rodeo will offer music paired with fine wines and local food trucks.
- Single tickets and weekend passes range from $78.95 to $226.57 at InterstellarRodeo.com.

Toronto indie-rockers The Strumbellas will help open Interstellar Rodeo at The Forks on Friday. HEATHER POLLOCK

5 THINGS TO DO THIS WEEKEND

It's a musical weekend in Winnipeg and there's something for all tastes (especially those who like to taste delicious Ukrainian cooking.) Here are five things to check out this weekend. METRO

CONTRIBUTED

1 Folklorama

It's the last weekend for the annual cultural event and pavilions will be performing their finest shows. If you've never gone, you're missing a world-class event. Find out more at Folklorama.ca.

CONTRIBUTED

2 Sevendust

Formed in 1994, the band has won three consecutive RIAA gold certified albums and have sold millions of albums worldwide. Sevendust is at The Burton Cummings Theatre Sunday. Tickets start at $25 at Ticketmaster.

3 Shrek at Rainbow

Everyone's favourite grumpy green ogre, along with Fiona and Donkey, takes Rainbow Stage this weekend and runs until Aug. 31. Tickets range from $39-$69 and can be purchased at RainbowStage.ca.

CONTRIBUTED

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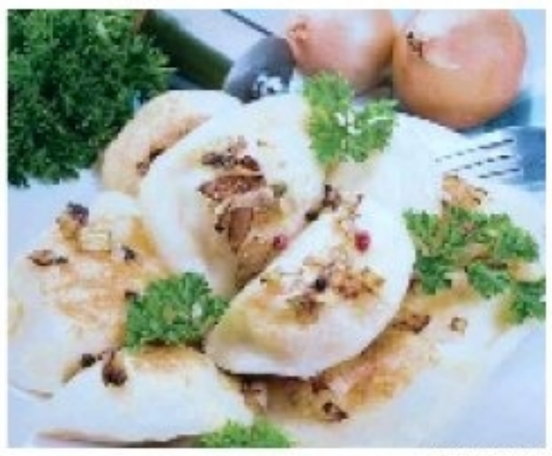
4 The Mariachi Ghost

From driving rhythms and soaring melodies, to brooding synths and dreamy vocal breaks, The Mariachi Ghost fuses traditional Mexican song and progressive rock. Find them at The GoodWill Friday. Tickets are $10 at ticketfly.com.

5 Perogy Eating Contest

This is one sporting event you don't want to miss. The second annual Perogy Eating Championships happens at the Spirit of Ukraine Pavilion at Folklorama Friday night at 9:45 p.m.



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Winnipeg police officers talk to witnesses on Toronto Street Thursday evening.
SHANNON VANRAES/FOR METRO

Possible drive-by on Toronto Street

WEST END

Witnesses say as many as 10 shots heard Thursday

Witnesses tell Metro that as many as 10 shots were fired on their West End street Thursday evening.

Police were called to the scene in the 600 block of Toronto Street at about 6:30 p.m. after neighbours say they heard multiple gunshots in what might have been a drive-by shooting.

There was no word on injuries or possible targets. Police did not confirm any details before press deadline.

The WPS Canine Unit was sweeping the area and several local residents were interviewed by police. METRO

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Former mayor Rob Ford at City Hall. AFP/GETTY IMAGES

'Crack video' of Ford out

Three years after sparking a firestorm of controversy, a notorious video featuring Rob Ford smoking crack cocaine was made public on Thursday, a move that angered the late Toronto mayor's family and drew mixed reactions from the public.

The so-called "crack video" was released after the conclusion of a court case involving Ford's friend and driver Alexander (Sandro) Lisi, who faced an extortion charge related to efforts made to retrieve the clip. Some people called publishing the video "tasteless" and shameful, while others said they respected that media outlets were simply doing their job. THE CANADIAN PRESS

Bones reveal parka clues

EVOLUTION

Study asks if Neanderthals' decline due to lack of jackets

Did Neanderthals die out because their human competitors were better fashion designers?

A recent study of a database of animal bones found at several sites across Europe shows that Neanderthals probably weren't making close-fitting winter clothing like parkas, and it could be a significant factor in the species' decline.

"Twenty years ago there was a big debate around whether early humans evolved from Neanderthals or whether they were people who migrated to Europe from Africa," said Mark Collard, an archaeology professor at Simon Fraser University who led the study.

"There is a consensus now that there was a wave of migration of humans out of Africa, through the Middle East and into Europe."

Archaeologists are now trying to figure out which differences between humans and Neanderthals led to one species thriving and the other becoming extinct.

The bones Collard and his team analyzed were between 40,000 and 25,000 years old, a period leading up to the last ice age when the climate would have been changing to be colder and drier.

The researchers found that there were many more animal bones from wolverines, rabbits and foxes in the human sites compared to Neanderthal sites.

While some of the animals may have been used for food only, the composition of animal bones makes Collard fairly confident that humans were making winter clothing while Neanderthals were not.

The research gives credence to a previous hypothesis that while humans were making specialized winter clothing, Neanderthals only wore fur cloaks.

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Terrorism suspect Aaron Driver was killed in a confrontation with police in Strathroy, Ont. JOHN WOODS/THE CANADIAN PRESS

Timeline of a thwarted terror plot

A timeline in the case of Aaron Driver, suspected of planning terrorist activities who was killed in a confrontation with RCMP:

1. December 2014: RCMP receive a complaint from a member of the public about social media posts under the alias Harun Abdurahman and open an investigation.
2. Feb. 20, 2015: Driver gives an interview to The Toronto Star under that alias where he talks about his support of Daesh, adding "the government already knows who I am … I know they're monitoring me."
3. April 2015: RCMP say Driver is in contact with a youth in the U.K. who was later arrested for his role in an Islamic-inspired terror plot targeting Australia.
4. May 2015: RCMP say Driver is communicating with two well-known members of Daesh, but investigators can't establish the nature of the communication.
5. June 4, 2015: Manitoba RCMP swarm a Winnipeg home where Driver is staying. RCMP say they find a recipe to make homemade bombs on his computer.
6. June 5, 2015: RCMP apply for a peace bond against Driver.
7. Feb. 2: Driver's lawyer and the Crown agree to a peace bond. The bond acknowledges there are "reasonable grounds to fear that he may participate, contribute directly or indirectly in the activity of a terrorist group." Driver takes up residence in Strathroy, Ont.
8. 8:30 a.m., Wednesday: RCMP receive a tip from the FBI, which found a martyrdom video made by someone "clearly in the final stages of planning an attack using homemade explosive devices." The attack was supposed to take place imminently, targeting an urban centre during rush hour. RCMP identify 24-year-old Driver as the suspect several hours later.
9. 4 p.m., Wednesday: RCMP say Driver is seen getting into a cab at a home in Strathroy. Police swarmed the vehicle. They say Driver detonates a device in the back of the cab. Driver dies during the altercation with police.

THE CANADIAN PRESS

Showdown called a win and failure

Questions remain over efficacy of peace bond and intelligence

An intense nationwide "race against the clock" after a tip from the FBI about a would-be terrorist led the RCMP to fatally confront Aaron Driver on a quiet street in Strathroy, Ont.

When it was all over, the terror suspect had detonated an explosive he was carrying, wounding a cab driver before being shot by a police sharpshooter. It's not clear if the explosion or police bullets killed the 24-year-old, if he died instantly or later in the hospital. His target is still unknown.

Senior RCMP brass told the chilling tale Thursday at an Ottawa news conference. But so many questions remain.

> **We thirst for your blood.**
> Aaron Driver, in a video Mounties received from FBI

Was this a successful security operation hailed by Prime Minister Justin Trudeau that, as RCMP deputy commissioner Mike Cabana said, prevented the loss of many more lives?

Or was it a failure of court orders — that prosecutors had agreed to hoping to restrict Driver's terrorist ambitions — and of Canadian security agencies who had to rely on the Americans for the intelligence that thwarted a plot?

One of the dominant questions: how did a man under a restrictive court order obtain bomb-making materials and communicate — to someone, somewhere — a threatening video.

The FBI "came into possession" of a two-minute video by a black-hooded, masked, unknown assailant, said Cabana. The Americans transmitted the video and a photo to the Canadians around 8:30 a.m. Wednesday.

"Oh Canada, you received many warnings," said the balaclava-clad figure in the video. "You were told many times what will become of those who fight against the Islamic State. You watched as your allies in Europe and America had their bullets and bombs returned back to them. You saw bodies of the filthy French laying in their own streets."

The RCMP's tactical analysts and CSIS scanned massive amounts of data against the grim video and photo — likely using software that can scan facial and voice patterns — and the whereabouts of terror sympathizers on Canadian watch lists.

By 11 a.m. the RCMP-led integrated security team thought it had a match: Aaron Daniel Driver.

Driver was already under a judge-ordered peace bond with strict conditions meant to limit his movements, travel, internet communications and cell use.

Amarnath Amarasingam, a prominent researcher on Islamic extremists in Canada, speculated that it's possible the peace bond, in cutting him off from his new-found online community of like-minded extremists, actually served to further alienate and destabilize him. "It's possible that him being plugged in was actually a tempering force," he said. TORSTAR NEWS SERVICE

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Trump entertains notion he could lose

U.S. ELECTION

Republican nominee takes a more humble approach

I meant (Obama is) the founder of ISIS. I do.
Donald Trump

Straying from his trademark bravado, Donald Trump acknowledged Thursday that his presidential campaign is facing challenges and could ultimately fall short — a rare expression of humility by the Republican presidential nominee.

Trump's most explicit concession came as he pleaded for support at a gathering of evangelical ministers, where Trump observed he was "having a tremendous problem in Utah."

The same day, the billionaire celebrity acknowledged that his lack of political correctness could cost him the election if Americans reject his blunt approach.

"We're having a problem," Trump told the ministers, adding that the next president could get to nominate up to five high court justices. "It could cost us the Supreme Court."

After trouncing 16 challengers in the Republican primary, Trump is encountering worrying signs as his campaign moves into the general election. Democrat Hillary Clinton's lead over Trump in national polls has widened in recent days, while a number of fellow Republicans have declared they won't support their own party's presidential nominee.

Trump's self-awareness was a marked departure from his usual tenor on the campaign trail.

On Thursday, Trump cited a poll that actually showed him a few points behind Clinton and arguing the race between them was close. Asked by CNBC how he planned to reverse the advantage that Clinton has, Trump said he simply planned to do "the same thing I'm doing right now."

"At the end, it's either going to work, or I'm going to, you know, I'm going to have a very, very nice, long vacation," Trump said.

Earlier this week Trump caused a major stir with comments about the Second Amendment that were perceived as advocating violence against Clinton, and found himself facing questions yet again after declaring Wednesday that President Barack Obama was the "founder" of Daesh — a claim that's patently false.

He brushed off conservative radio commentator Hugh Hewitt's attempt to reframe Trump's observation as one that said Obama's foreign policy created the conditions in Iraq and Syria that allowed Daesh to thrive.

"No, I meant he's the founder of ISIS. I do," Trump said, using another acronym for the extremist group. THE ASSOCIATED PRESS

A Greenland shark NATIONAL GEOGRAPHIC/GETTY IMAGES

SCIENCE

Greenland shark is now oldest vertebrate

In the cold waters of the Arctic, a denizen of the deep lurked for centuries. Now scientists calculate that this female Greenland shark was the Earth's oldest living animal with a backbone.

They estimated that the grey shark, part of the species named after Greenland, was born in the icy waters roughly 400 years ago, and died only recently. That conclusion puts the entire species at the top of the longevity list.

Using a novel dating technique, an international team of biologists and physicists estimated the age of 28 dead female Greenland sharks based on tissue in their eyes. Eight of the sharks were probably 200 years or older and two likely date back more than three centuries, according to a study published Thursday in the journal Science.

Until now, that record holder was a bowhead.

The oldest of the Greenland sharks examined was nearly 16.5 feet long (5 metres) and estimated to be 392 years old when it was caught around four years ago. But that calculation comes with a huge margin of error — plus or minus 120 years — due to the newness of the dating technique, said Nielsen, a marine biologist at the University of Copenhagen. THE ASSOCIATED PRESS

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Burnt vehicles following a fire in Vitrolles, southern France, on Thursday, which devastated 3,300 hectares. AFP/GETTY IMAGES

SYRIA

Russia strikes Daesh-held city of Raqqa

The Russian military sent long-range bombers to strike a series of Daesh targets in the group's de facto capital of Raqqa on Thursday — a fresh round of airstrikes that Syrian activists said killed at least 20 civilians and came amid Turkish calls for greater co-operation with Moscow against the extremist group.

The offer by Turkish Foreign Minister Mevlut Cavusoglu to co-ordinate with Russia on operations against Daesh followed a meeting between the Russian and Turkish leaders earlier this week in which they agreed to mend ties.

Relations between the two nations, which back opposite sides in Syria's civil war, soured after Turkish air force jets downed a Russian warplane on the Syrian border in November. Russia retaliated by deploying long-range air defence missile systems to its base in Syria, 50 kilometres (30 miles) south of the border with Turkey and imposing an array of economic sanctions.

Cavusoglu also said Turkey would resume airstrikes against IS targets in Syria, months after they were suspended amid the row with Moscow. "On the issue of Daesh, we have made a call to Russia. We said we have a common enemy which we can struggle against together," Cavusoglu said.

Russia's deputy foreign minister, Mikhail Bogdanov, welcomed the Turkish initiative.

THE ASSOCIATED PRESS

+ CIVILIANS

A local activist group, Raqqa is Being Slaughtered Silently, said at least 20 civilians were killed in the assault. The Britain-based Syrian Observatory for Human Rights said 24 civilians were killed, along with six others whose affiliation were not confirmed.

France faces wildfires

NATURE

Marseille was spared, but danger rages nearby

Firefighters in southern France brought in reinforcements from across the country on Thursday to help smother the last flames and douse dry brush after wind-whipped wildfires devastated thousands of acres and destroyed homes but spared Marseille, the nation's second-largest city.

There was no letup in the high southern winds, known as the Mistral, raising the risk of new bursts of flames after the worst blaze in recent years was contained.

Meanwhile, a fire broke out Thursday in the Pyrenees-Orientales region, southwest of Marseille.

Multiple fires started up on Wednesday, west and north of Marseille, and President Francois Hollande said some were of criminal origin. "We will find those who started them," he said, but did not elaborate.

A man behaving suspiciously in Vitrolles, one of the towns most ravaged by flames, was detained for questioning, according to French media.

Fires were burning in Portugal and Spain. Two arrests were made in the deadliest of more than 100 fires in Portugal, on the island of Madeira, that killed three people.

French Interior Minister Bernard Cazeneuve said four people were seriously injured — a resident of the Marseille region and three firemen who battled a blaze on Wednesday in the nearby Herault region. More than 3,000 hectares of vegetation were destroyed in the Marseille area, the Herault and the Pyrenees-Orientales regions.

Residents of the region north of Marseille, especially Vitrolles and nearby Pennes-Mirabeau, woke up to take an accounting of the scorched and still-smoking landscape and their losses. More than 1,000 had spent the night in gymnasiums.

"Today, at this time, the fire is, as we say, mastered. That means that it is not expanding any more there are no visible flames," said Vice-Admiral Charles-Henri Garrier, commander of Marseille's firefighter battalion, speaking near Vitrolles, just 25 kilometres north of Marseille.

THE ASSOCIATED PRESS

+ ELSEWHERE

- **In Spain**, authorities said five major fires were raging in the northwestern region of Galicia, with 10 others under control.
- **In Portugal,** firefighters also battled multiple fires for a sixth straight day. A total of 186 wildfires were counted Wednesday on Portugal's mainland alone and on Thursday, 12 were burning out of control.

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metro SCIENCE

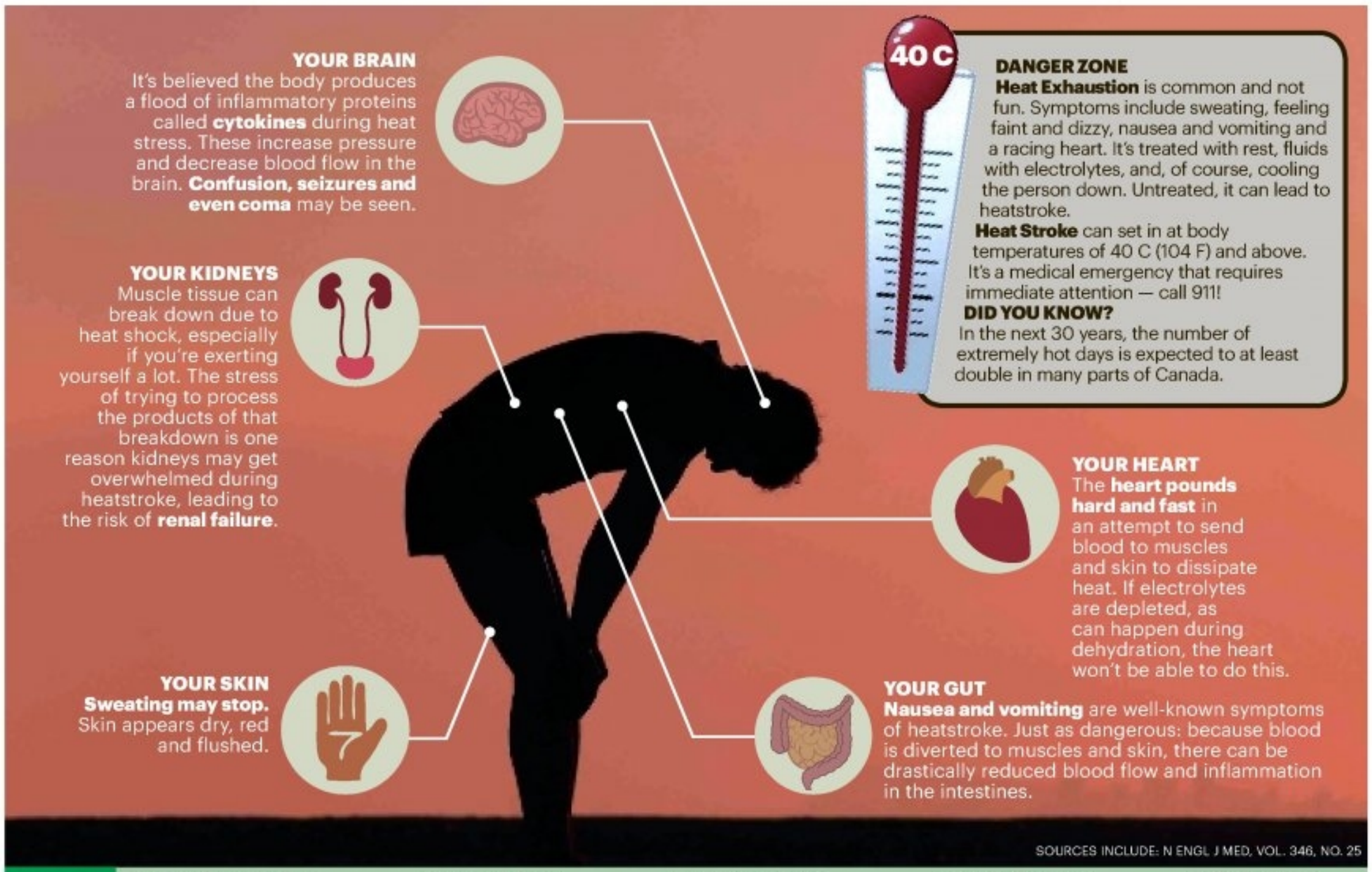
Your essential daily news

Scientists have sequenced the genes of three fungi threatening the global banana crop, in hopes of halting a **bananapocalypse**.

DECODED by Genna Buck and Andrés Plana

HORRIBLE, HORRIBLE HEATSTROKE

It's hot out there in many parts of Canada. And when the mercury passes 30 and keeps on going, and high humidity prevents sweat from drying, there's a risk the body's system for keeping itself cool will be overwhelmed. The result can be life-threatening **hyperthermia** (a.k.a. heat stroke), especially among the elderly, unwell and people who for some reason have to be outside. Here's how it works.


YOUR BRAIN
It's believed the body produces a flood of inflammatory proteins called **cytokines** during heat stress. These increase pressure and decrease blood flow in the brain. **Confusion, seizures and even coma** may be seen.
YOUR KIDNEYS
Muscle tissue can break down due to heat shock, especially if you're exerting yourself a lot. The stress of trying to process the products of that breakdown is one reason kidneys may get overwhelmed during heatstroke, leading to the risk of **renal failure**.
YOUR SKIN
Sweating may stop. Skin appears dry, red and flushed.
40 C
DANGER ZONE
Heat Exhaustion is common and not fun. Symptoms include sweating, feeling faint and dizzy, nausea and vomiting and a racing heart. It's treated with rest, fluids with electrolytes, and, of course, cooling the person down. Untreated, it can lead to heatstroke.
Heat Stroke can set in at body temperatures of 40 C (104 F) and above. It's a medical emergency that requires immediate attention — call 911!
DID YOU KNOW?
In the next 30 years, the number of extremely hot days is expected to at least double in many parts of Canada.
YOUR HEART
The **heart pounds hard and fast** in an attempt to send blood to muscles and skin to dissipate heat. If electrolytes are depleted, as can happen during dehydration, the heart won't be able to do this.
YOUR GUT
Nausea and vomiting are well-known symptoms of heatstroke. Just as dangerous: because blood is diverted to muscles and skin, there can be drastically reduced blood flow and inflammation in the intestines.

SOURCES INCLUDE: N ENGL J MED, VOL. 346, NO. 25

metro

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NEWS
Your week in science

HENDRIK GOLTZIUS/WIKIMEDIA COMMONS

GRUESOME GREECE
A dig on Mount Lykaion — the legendary birthplace of Zeus — has turned up the skeleton of an unlucky 3,000-year-old teenager. Researchers believe the boy may have been a human sacrifice because of the way he was buried. Ancient writers like Plato describe such rituals. Legends say people who ate the flesh of such hapless chaps would become a wolf for nine years.

SOUND SMART

DEFINITION
Homeostasis is the fairly constant internal state (such as a constant body temperature) your body works to maintain despite changing outside factors. Sweating during hot weather helps cool you off and maintain **homeostasis**.

USE IT IN A SENTENCE
I'm worried about Dorothy messing up her **homeostasis** and getting heat exhaustion from so much time in the hot tub. Her sweat isn't drying and cooling her off.

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Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Not for family consumption: Raunchy animated tale Sausage Party features Brenda the hot dog bun (Kristen Wiig), her boyfriend Frank (Seth Rogen), and other foods.
CONTRIBUTED

For those who like dirty 'toons

SAUSAGE PARTY

Food porn you won't see on the Food Network

Richard Crouse
For Metro Canada

Hot on the heels of family-friendly cartoons like Zootopia, The Secret Life of Pets and Finding Dory comes an animated movie that definitely isn't for the whole family… unless it's the Manson Family.

The high concept of Seth Rogen's NSFW Sausage Party was, I think, best summed up by twitter user @ByChrisSmith who wrote, "So that Sausage Party trailer... Toy Story for food with swears?"

It's the kind of food porn you won't see on the Food Network. "We started to think 'What if food had feelings?' said Rogen after a sneak preview at the South By Southwest Film Festival. "That really is what inspired the whole idea."

The story begins at a supermarket called Shopwell's. Frank the Sausage (voice of Rogen), his hot dog bun girlfriend Brenda (Kristen Wiig) and all the other foods — including Mr. Grits (Craig Robinson), a tomato (Paul Rudd) and Teresa the Taco (Salma Hayek) — live in hope that one day a customer will choose them. When they find out what happens after the customer takes them home, however, they fight to avoid their fate.

R-rated and raunchy, Rogen says he showed an early cut to Borat star Sacha Baron Cohen. "Sausage Party appalled him in some ways," said Rogen, adding that Cohen, cinema's Prince of Provocation, called it "the craziest thing I've ever seen in my life."

Someone who might not have been surprised by Sausage Party is Ralph Bakshi, a legendary animator who once said, "You know it's working if you're making movies you don't want your mother to see."

Bakshi began his career working for Terrytoons, home to cartoon characters like Heckle and Jeckle and Mighty Mouse but left TV to make first animated film to receive an X-rating from the MPAA. Loosely based on a character created by cartoonist Robert Crumb, who later disavowed the film, 1972's Fritz the Cat is a trippy counterculture flick about a streetwise feline who smokes dope and has run-ins with the Hell's Angels and the Black Panthers. Extremely controversial — New York Times critic Vincent Canby wrote, "(There's) something to offend just about everyone" — it became the first independent animated film to gross more than $100 million at the box office.

More adult animation came with the R-rated Heavy Metal. An anthology made up of eight stories bound together by an intergalactic traveller described as the sum of all evil.

Both Fritz the Cat and Heavy Metal were successful enough to spawn sequels that tried, and failed, to recapture the success of the originals.

When asked if there might be a sequel to Sausage Party, Rogen said, "That would be dope. All we do are franchises now."

MOVIE RATINGS by Richard Crouse

Sausage Party	★★★
Pete's Dragon	★★★★
Florence Foster Jenkins	★★★★
The Infiltrator	★★
Equity	★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

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Dallas Howard's sister cried when she learned of reboot

INTERVIEW

Actress stars in Pete's Dragon, a childhood family favourite

Richard Crouse
For Metro Canada

Bryce Dallas Howard is Grace and Oakes Fegley is Pete in Pete's Dragon. CONTRIBUTED

Bryce Dallas Howard is in the middle of a long day of promoting her new film, Pete's Dragon.

Up since the crack of dawn, she's fresh and funny, cuddling a stuffed dragon on her lap as we speak. The plushy, she tells me, is both promotional and practical.

"I have my little plush toy," she says.

"He's so cute, isn't he? I also use him as a neck pillow on the plane. He's absolutely functional."

In this reboot of the much-loved 1977 Disney musical, Howard plays forest ranger Grace who discovers Pete (Oakes Fegley), a feral 10-year-old mystery boy who says he has survived, solo, in the woods for six years.

"Nobody can survive in a forest for six years," says her father (Robert Redford), "at least not alone."

"He says he wasn't alone," replies Grace.

Turns out, Pete's friend and provider is a giant, furry green dragon named Elliott.

"When I heard there was going to be another Pete's Dragon I asked to read the script," she says.

"Not because I had any knowledge of there being a role, I was just really curious about what they would do.

"Then, when I read it I was so moved because the story is deeply emotional, very cathartic, very powerful and it held onto the elements of the original 1977 film that I cared about.

"(The original) was one of those movies growing up that we had on VHS and would watch again and again and again.

"When I told my little sister I was going to be doing Pete's Dragon she burst into tears because it was a big part of our childhood."

Howard is a child of Hollywood, the daughter of Happy Days star and Oscar-winning director Ron Howard.

"When I was growing up, I would meet folks who were quite recognizable but I didn't spend a ton of time with actors," she says.

That made her first meeting with legendary co-star Robert Redford all the more powerful.

"I get star-struck very easily," she says while admitting Redford's talent and accomplishments wowed her.

"When people sometimes ask, 'Who do you most look up to? Who do you want to be like?', the answer to that question is probably my dad, but Robert Redford is a close second. That's why it was so trippy to have him be my dad."

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The plight of the Pachyderm

Elephants are actually more like humans than any other animal in terms of their social and emotional behaviours
Patricia Sims

INTERVIEW

New doc looks at the issues threatening elephants

Steve Gow
For Metro Canada

It seems like most causes have their own special commemorative day, but Patricia Sims believed so passionately that elephants deserved their own anniversary she created one.

"I guess I've always had a thing for big, interesting, smart animals," laughed the Canadian filmmaker and co-founder of World Elephant Day.

"When I started to learn about all the elephant issues, I felt we needed to consolidate all of that under one umbrella on one day to put everybody's focus towards this reality for elephants (and) ultimately, what it means for us."

Celebrating its fifth year on Friday, Sims is marking the anniversary with the debut of her emotional documentary film When Elephants Were Young — a look at the issues threatening the endangered mammals and, in particular, the bond between a compliant pachyderm and its proprietor in Thailand — especially when the mammoth servant gets released back into a wild sanctuary.

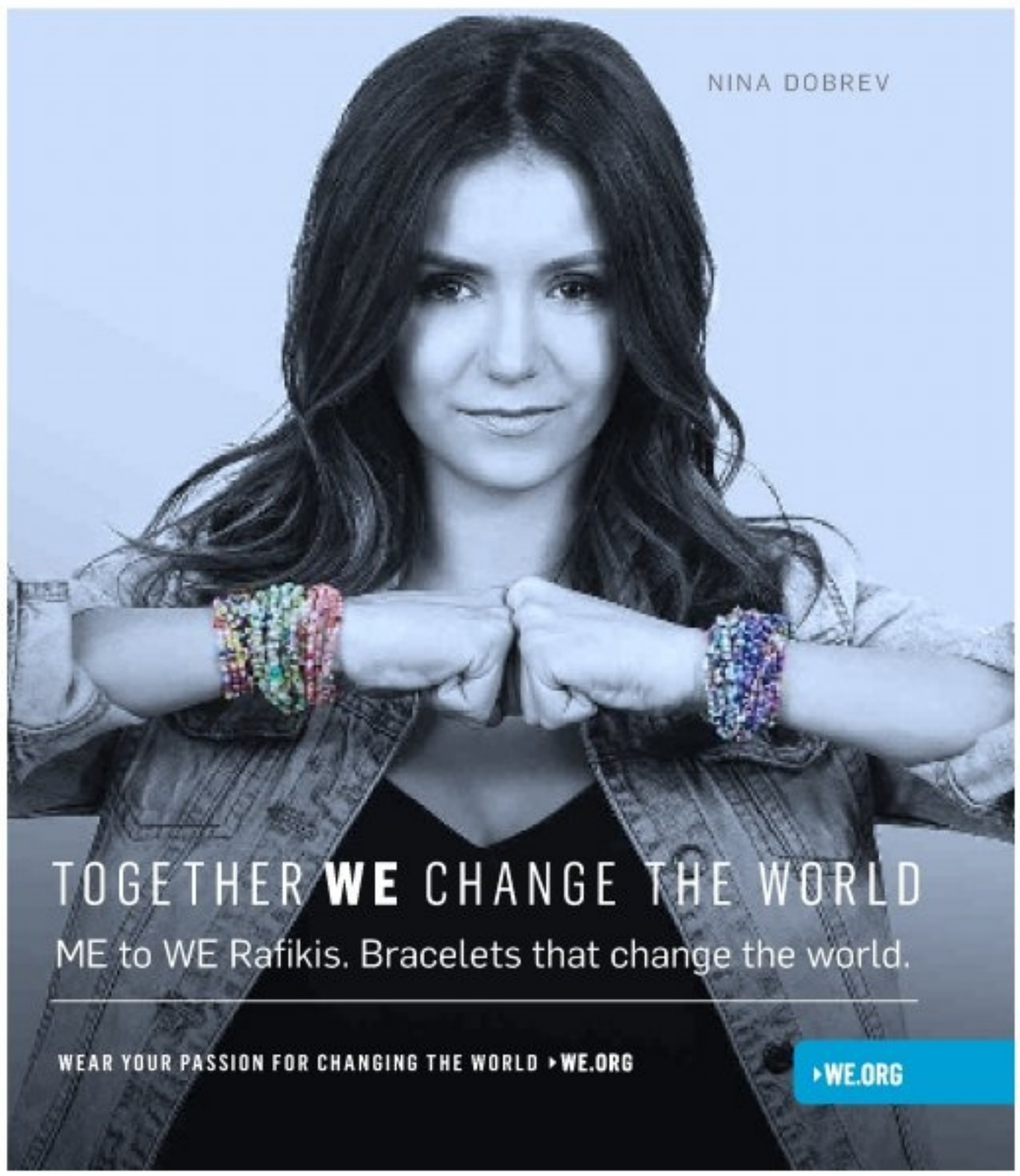
"It's a sad story but it has a happy ending," insisted Sims of the film's persuasive presentation of the plight of Asian elephants, said by some to be extinct within 30 years due mainly to loss of habitation. "Not every elephant can go back to the wild obviously (but) at this rate, there just won't be any space for them to live and to exist."

Sims hopes her William Shatner-narrated documentary will be as powerful at building awareness and action as World Elephant Day has been since its introduction half a decade ago.

In that short span of time, the day of observance has forged partnerships with 100 conservation organizations and continues to enlighten an ever-increasing number of individuals around the world to the many issues accelerating the depletion of the extraordinarily intelligent elephant.

"Elephants are actually more like humans than any other animal in terms of their social and emotional behaviours," said Sims, adding that her film further highlights that connection between simple citizens and the gentle giants.

"I think people have become more aware that if we lose elephants, we're going to be next — there's so many similarities."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Scott Mantz, Access Hollywood

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IN THEATRES AUGUST 19

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Touring Taiwan on two wheels

ADVENTURE

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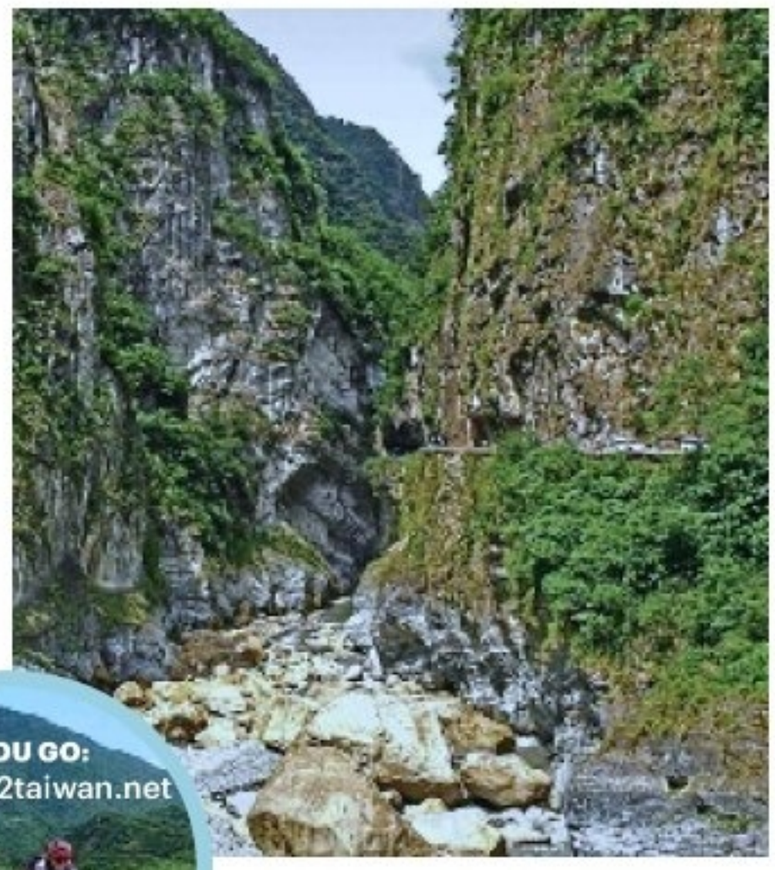
Mark Stachiew
For Metro Canada



From taking in tourist sites to taking on Taroko Gorge, Taiwan has a great bike ride for nearly everyone. ALL PHOTOS MARK STACHIEW/FOR METRO

Taiwan might be famous for making cheap electronics, but it also happens to be home to Giant, the world's largest bicycle company.

It exports millions of bicycles to every corner of the world each year, but also supplies a thriving local market in a land that is in love with the two-wheel ride.

Thus, visitors to Taiwan can easily explore the country on bike by riding a sprawling network of dedicated paths that caters to cyclists of all abilities. Numerous local operators offer tours that include bike rentals and support vans as well as restaurant and accommodation options that allow tourists to go at their own pace.

Here are some popular cycling itineraries, rated by difficulty, for people interested in discovering this green and pleasant sub-tropical island:

Easy

Take a U-bike in Taipei. Taiwan's capital has an extensive bicycle-sharing network that is a breeze to use. Ride out to Taipei 101 for the best views of the city from the top of an architectural marvel that was for a brief time the tallest building in the world. Check out the changing of the guard ceremony at the magnificent Chiang Kai-shek Memorial Hall, or simply meander to any corner of the city that catches your fancy. Unlike some Asian cities, Taipei's traffic is surprisingly civilized and riding a bike there doesn't feel like a death wish.

Ride around Sun Moon Lake. Taiwan's largest lake is one of its most scenic. Sacred to the Thao tribe, one of Taiwan's indigenous peoples, the lake has long been a popular resort area for Taiwanese. Cyclists can discover the lake's beauty with a 30-kilometre circumnavigation that brings them past magnificent temples and lush forests filled with monkeys, birds and noisy insects.

Medium

Follow the coastal route. Taiwan's Coastal Mountain Range plunges steeply toward the sea. The green sides of the mountains are covered with dense, tropical foliage and their tops are shrouded in low clouds. Cyclists along this route stick close to the water's edge that is lined with craggy rocks and grey sand. It is part of Cycling Route #1, a path that circles the entire island of Taiwan and is a popular goal for Taiwanese cyclists that can be completed in about two weeks.

Discover the Huatang Valley
This inland route lies in a valley between two mountain ranges. Most of the ride is flat, but there are some long, gradual hills that can be tiring over long distances, but riders are rewarded when they go downhill. Much of the route rides past a quilted landscape of rice paddies. They are beautifully green most of the year and turn to gold come harvest time.

Difficult

Challenge the King of the Mountain. Every October, cyclists from around the world compete in Taiwan's most challenging cycling event, the King of the Mountain. Cyclists ride a stunningly scenic 105-kilometre route of switchbacks and hairpin curves that take them from sea level to 3,275 metres, high in the thin air of the mountains of the country's beautiful Taroko National Park.

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NORTHERN EUROPE

Quirky, cool Helsinki

Karen MacKenna
For Torstar News Service

The fortress at Suomenlinna is located a short ferry ride from downtown Helsinki. JUSSI HELLSTEN

Helsinki is not Sweden and Finland is not Scandinavia. Finland is a Nordic country that shares a 1,300-kilometre border with Russia. There are eastern influences here and the Finnish capital has an edge that sets it apart from its Scandinavian cousins.

This is, after all, the country that produced the rock band Leningrad Cowboys, invented the sauna, and dances tango under the midnight sun. You can expect the unexpected in Helsinki, from spontaneous public art to pop up sushi in an old gas bar and an unusually high number of American hot rod cars cruising through town.

For all its quirkiness, Helsinki is a stylish city with nature integrated into its fabric.

Alvar Aalto, the late father of Finnish modernism, designed many of the public buildings, known for their humanist fusion of form and function. Aalto's organic modernism blends easily with the more whimsical art-nouveau style from the turn of the last century, the simple Nordic classicism of the 1920s, and today's new modernist architecture.

Walking through the city is a visual treat and the best way to see it is on foot.

Take a stroll down the Esplanade towards the Market Square or Kauppatori. The park is lined on both sides with the icons of Finnish design, from Marimekko to Iittala to Artek, and the market stalls at the Kauppatori overflow with fish and seasonal produce. Sit down and have a coffee. The president of Finland does and you are certain to meet the locals.

Explore the nearby islands if you have time. Small boats will ferry you across in just minutes to the fortress at Suomenlinna, the sandy beaches on Kaunissaari, or to the zoo on Korkeasaari.

Wind your way southwest along the seawall and you might come across one of the more colourful Finnish rituals. Once or twice a year Finns wash their carpets in the sea and there is a carpet pier in Helsinki, which even has a café named after it.

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metro RIO

Rio gold medals are plated with just six grams of the expensive stuff, the rest — 494 grams — is 92.5 per cent purity silver

Pleased as punch

1 Queen of gymnastics — U.S. gymnast Simone Biles won gold in the women's individual all-around. Teammate Aly Raisman and Russia's Aliya Mustafina followed. Ellie Black of Halifax placed fifth, the best showing by a Canadian ever in the individual all-around.
THOMAS COEX/AFP/GETTY IMAGES

2 Playing for third — Vernon, B.C.'s Vasek Pospisil and his partner Daniel Nestor, of Toronto, will play for a bronze medal in tennis. The Canadians lost to Spain's Rafael Nadal and Marc Lopez 7-6 (7), 7-6 (6) in the semifinals of the men's doubles.
RYAN REMIORZ/THE CANADIAN PRESS

3 On a roll — Jamie Broder, of Victoria, and Toronto's Kristina Valjas improved to 3-1 after defeating Egyptians Nada Meawad and Doaa Elghobashy 2-0 (21-12, 21-16).
MARCIO JOSE SANCHEZ/ THE ASSOCIATED PRESS

RIO in brief

Police vehicle sprayed with bullets, officer hit

Pervasive violence is an everyday part of Rio, and a police officer was hospitalized after getting shot in the head when he and two others got lost near a slum.

The officers from Brazil's national security force who were sent to Rio for the Olympics relied on a GPS device to navigate unfamiliar streets Wednesday afternoon, but they took a wrong turn off a highway leading to Rio's international airport. Their truck was sprayed with bullets, and officer Helio Vieira was shot.
THE ASSOCIATED PRESS

Venus still in the hunt for her fifth gold medal

Venus Williams' Rio Olympics is still going — just barely.

Upset in the first round in singles and doubles while battling a virus, the four-time gold medallist was a late entrant into mixed doubles. She and American teammate Rajeev Ram faced two match points Thursday and saved both in rallying from a set down for a 6-7 (4), 7-6 (3), 10-8 tiebreak win over Kiki Bertens and Jean-Julien Rojer of the Netherlands.

The U.S. duo moves on to Friday's quarter-finals.
THE ASSOCIATED PRESS

RIO2016

Canadian boxer dedicates first Olympic win to his brother

Canadian Arthur Biyarslanov contorts the face of Jordanian Obada Alkasbeh with a right hand during a men's boxing match on Thursday. LUCAS OLENIUK/TORSTAR NEWS SERVICE

In the Olympic boxing ring Thursday there were no bikini-clad ring girls or fighters with multi-million dollar contracts, no bling-draped entourages or trash talk, just two men who wanted to win for themselves and their countries.

Arthur Biyarslanov, a 21-year-old Canadian who fled war-ravaged Chechnya as a child, faced Obada Alkasbeh, a 22-year-old Jordanian raised in a Palestinian refugee camp.

Boxing has always been one of the more accessible sports attracting young men without means looking for purpose. The difference at the 2016 Games is that these two boxers, like all the male fighters here, faced each other without the padded headgear that has been required since the 1984 Olympics.

Here, when Biyarslanov landed solid hits, the spectators could see Alkasbeh's facial features temporarily rearranged as his face slid sideways under the force of the punch.

Biyarslanov, nicknamed the Chechen Wolf, won his three-round preliminary bout decisively. Afterwards, his thoughts were for his older brother Rustam who encouraged him into boxing and started working when he was still in high school to support the family in Toronto.

"This Olympic win, my first one, is for my brother, my next one, hopefully God willing, will be for my mother and everyone in my family and, of course, Canada," he said.

The 64-kilogram light welterweight has been fighting without headgear for more than two years already but television coverage of this two-week tournament will be the first time that most people will have seen this style of boxing in the Olympics.

NEXT BOUT
Biyarslanov's next bout is against German professional Artem Harutunyan who had a bye in the first round.

"It's no problem for me, I actually like it without headgear, I feel more open, more quick," Biyarslanov said after his bout, answering questions while holding a cold chunk of metal to his temple to reduce swelling.

In the second round, the fighters clashed heads and Biyarslanov was left with the angry red lump on his temple and Alkasbeh was cut over his eye.

"It was a good deal," Biyarslanov said, meaning that he was glad he didn't get the cut.

The sport's governing body — backed by the International Olympic Committee — has maintained that getting rid of headgear reduces concussions and, while many in the boxing and medical community dispute that, the biggest concern here is cuts, which can prevent a medal contender from continuing.

"For us, so far, OK, we got that small bump, the other guy was cut," Daniel Trepanier, Boxing Canada's high performance director, said. "Every fight we're praying we don't have any cuts but we're ready, we have a doctor from the (Canada Olympic Committee) that is travelling with us to make sure if something happens we deal with it right away."
TORSTAR NEWS SERVICE

GOLF

DeLaet off to a strong start on the links

Canada's defence of its 112-year-old Olympic golf title is off to a strong start.

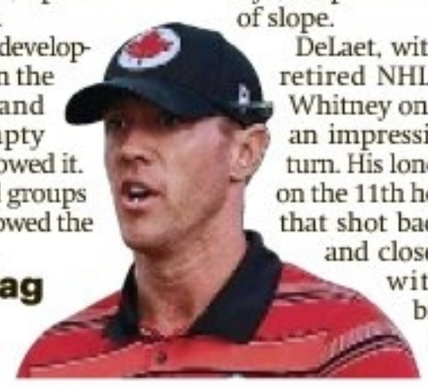
Graham DeLaet of Weyburn, Sask., fired four birdies over his first eight holes en route to a 5-under-par 66 and the clubhouse lead on Thursday until Australia's Marcus Fraser closed his round a short time later with a blistering 63. It was the first round of golf played at the Olympics since Canadian George S. Lyon won gold at the 1904 St. Louis Games.

Lyon played so long ago that he was born in Richmond, Canada West, the British colony that became Ontario after Confederation in 1867.

"It's pretty cool," DeLaet said. "First time in over 100 years and we're leading the charge here at the Olympics."

Henrik Stenson of Sweden also opened with a 66, and five players, including Germany's Alex Cejka, were right behind them at 67. David Hearn of Brantford, Ont., opened with a 2-over-par 73.

Golf is in the developmental stages in the host country and the rather empty grandstands showed it. There were still groups of fans who followed the golfers around the 7,128-yard course, which has wide fairways, deep bunkers and plenty of slope.



DeLaet, with friend and retired NHL player Ray Whitney on his bag, was an impressive 31 at the turn. His lone bogey came on the 11th hole but he got that shot back on No. 13 and closed his round with another birdie.
THE CANADIAN PRESS

"You're playing for the flag and it's a pretty cool feeling. Graham DeLaet

metro SPORTS

The Raptors will open their season on Oct. 26 in Toronto against the Detroit Pistons, two nights before hosting the NBA champion Cavaliers

Argos aim to hold firm

CFL

Winnipeg's strengths on both sides has Toronto wary

An effective Matt Nichols has led Winnipeg to consecutive wins for the first time in more than two years but the Blue Bombers' ball-hawking defence hasn't gone unnoticed.

The unit has forced seven turnovers (three interceptions, three fumbles, one on downs) over that span, including six in last week's 37-11 home win over Hamilton. Predictably, Toronto starting quarterback Logan Kilgore believes ball protection and making smart decisions will be crucial when the Argonauts host the Bombers on Friday night at BMO Field.

"Their ability to create turnovers drives their team," said Kilgore, who'll make his second career CFL start. "If you look at the last two weeks they got two good victories and forced turnovers in both.

"We've got to protect the football, we feel that every week ... but particularly in this game and convert opportunities when we get the chance."

Nichols has completed 49 of 64 passes for 550 yards and three TDs with no interceptions since replacing incumbent Drew Willy under centre. More importantly, Winnipeg (3-4) hasn't turned the ball over in its last two contests.

"Our mindset has changed," Nichols said. "We're starting to have a lot more belief in ourselves that we're supposed to go out and win games."

Not long ago, many Winnipeg football fans were calling for head coach Mike O'Shea's ouster. Now his biggest challenge is ensuring the Bombers don't get complacent.

"I like the interaction the players have with each other and how they're working together on the field is looking really good," he said. "But you also have to guard against the idea of being satisfied.

"You can't ever be satisfied."

But O'Shea is still under the gun in Winnipeg considering he's missed the playoffs the last two years and is in the final year of his contract.

Argos coach Scott Milanovich feels O'Shea, who served as Toronto's special-teams coordinator before joining the Bombers, has his best chance now to succeed in Manitoba.

"He's a good football coach," Milanovich said. "People need to give him time to do this thing and I have faith he'll do a great job."

Toronto (4-2) is coming off a bye week following its 23-20 road win over Ottawa on July 31. The Argos were 3-0 following the bye last year and are 7-1 since 2012.

Kilgore was 25 of 42 for 322 yards with a TD and two interceptions versus Ottawa. Toronto's offence comes in as the CFL's most proficient in the red zone, having scored TDs in 11-of-14 opportunities inside an opponent's 20-yard line.

But Milanovich would like to avoid resting the game solely on Kilgore's shoulders.

"Our defence needs to keep us from getting in a spot where (Kilgore) has to win the game for us and they did that (versus Ottawa)," Milanovich said.

THE CANADIAN PRESS

Argonauts quarterback Logan Kilgore is looking for another post-bye week victory Friday. JUSTIN TANG/THE CANADIAN PRESS

> **We've got to protect the football, particularly in this game.**
> Logan Kilgore

NHL

Roy ends tenure with Avs

Patrick Roy is leaving the Colorado Avalanche.

The club's head coach and vice president of hockey operations announced his decision to resign in a lengthy statement on Thursday that suggested discord with the organization.

Roy's vision for the club, he said, needed to be "perfectly aligned with that of the organization", adding that he must have "say in the decisions that impact the team's performance."

"These conditions are not currently met," Roy concluded.

Patrick Roy GETTY IMAGES

And therefore, his tenure with the Avalanche was over.

Roy was mostly ineffective in his role as the Avalanche's sometimes controversial head coach. The club qualified for the postseason once in his three seasons, missing out in each of the past two campaigns.

The Avs were often levelled in the puck possession game despite having a number of young skilled players. Colorado typically forced its goaltenders, mostly Semyon Varlamov, to contend with a heavy shot count each night. The club allowed 32.3 shots per game last year, the third-worst mark in hockey.

Colorado has an incredible amount of young skill including 25-year-old speedster Matt Duchene, who produced 30 goals for the first time last season, 20-year-old Cole Harbour native Nathan MacKinnon (52 points last season), 23-year-old captain Gabriel Landeskog (three straight 20-goal seasons) and 24-year-old offensive whiz on defence, Tyson Barrie (25 goals, 102 points over the last two seasons).

Still, the Avalanche missed the playoffs by five points last season (boasting a minus-24 goal differential) and nine points one year earlier (minus-eight).

THE CANADIAN PRESS

> **Though it saddens me, I have put much thought about this decision.**
> Patrick Roy

NFL

Chargers to lose Johnson for 2016

San Diego Chargers wide receiver Stevie Johnson will miss the season with a knee injury, coach Mike McCoy confirmed Thursday.

Johnson hurt his right knee during the second practice of training camp while getting up to run downfield after making a diving catch. The nine-year pro underwent surgery Tuesday and was told Wednesday that his season was done.

Stevie Johnson GETTY IMAGES

"It's an unfortunate situation," McCoy said after practice. "I had a great conversation with Stevie last night and for what happened, he had a great mindset."

Johnson, who's often used as a slot receiver, missed six games last year with hamstring and groin issues. He had 45 catches for three touchdowns and 497 yards.

THE ASSOCIATED PRESS

IN BRIEF

Riders slapped with fine

The Saskatchewan Roughriders were fined $60,000 on Thursday following a CFL investigation into alleged roster violations. The Roughriders were in violation of policies which prohibit practising with ineligible players, players participating in practice who are on the six-game injured list and having free agents practise with players who are under contact, according to a release. THE CANADIAN PRESS

BASEBALL

Fish find a way back but fall to Wingnuts

As hot as the Fish could've hoped to get mid-summer, the Winnipeg Goldeyes rifled off 10-straight wins from July 27 through Aug. 9 — one short of the all-time franchise mark, and returned home Thursday night to open a four-game set with the Wichita Wingnuts.

The South Division leading Wingnuts (48-28) scored runs in every frame of the game's first six innings.

While the Goldeyes (44-31) rallied in the eighth and got the tying run on base in the ninth, the Fish fell 9-7 in front of 5,584 at Shaw Park for their first back-to-back losses since July 2 and 3.

Winnipeg outfielder Adam Heisler was on form, going 3-for-4 with two RBI and crossing home three times.

The Fish have their work cut out with three more against the Wingnuts before hosting the league-leading St. Paul Saints through next Thursday.

DARRIN BAUMING FOR METRO

Rodriguez's final bill: $317,368,852

MLB

Controversial third baseman helped Yankees to one title

By the time Alex Rodriguez collects his last payment as a player from the Yankees next year, he will have received $317,368,852 from New York, according to a review of his contracts.

Luxury tax caused by his deal totalled an additional $132 million through this year, although the Yankees could have spent more money on other players had A-Rod not been on the roster.

Was it worth it, given that the Yankees have won one World Series title during his years in pinstripes?

"One individual is not responsible for winning only one world championship, because that's part of the team effort," general manager Brian Cashman said Wednesday. "He had a big piece of that success and in most cases more so than most."

New York acquired Rodriguez from Texas in February 2004 for infielder Alfonso Soriano. In all, Rodriguez will earn about $448 million as a player, including $119 million from Texas and about $12 million from Seattle.

"The trade with Texas was a tremendous move," Cashman said. "We added one of the game's greatest players."

THE ASSOCIATED PRESS

NO FIELDING

Alex Rodriguez has been turned down in his request to play the field for his final game with the New York Yankees.

Manager Joe Girardi said A-Rod wouldn't be at third base Friday night at Yankee Stadium against Tampa Bay.

Alex Rodriguez
GETTY IMAGES

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DAILY TREAT

Winnipeg metro

RECIPE Blueberry Sweet Potato Waffles

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

It seems an unlikely pairing but once you get sweet potato and blueberries together they're like peanut butter and jelly, but better. Well, it is. They're in a waffle, for heaven's sake.

Ready in 30 minutes
Prep time:10 minutes
Makes 4 large waffles

Ingredients
- 2 cups spelt flour
- 2 tsp baking powder
- 1/4 tsp salt
- pinch of allspice
- 1 1/3 cups milk
- 2 eggs
- 2 eggs
- 2 Tbsp oil
- 1 Tbsp maple syrup
- 1/4 cup sweet potato puree
- 1/4 cup fresh blueberries

Directions

1. Preheat your waffle iron.

2. In a large mixing bowl, whisk flour, baking powder, salt and allspice. Stir in 2/3 cup milk, eggs, oil and maple syrup. Mix in sweet potato and then fold in the blueberries.

3. Coat waffle iron with oil or nonstick spray; repeat if necessary between batches. Follow the waffle iron's instructions for cooking.

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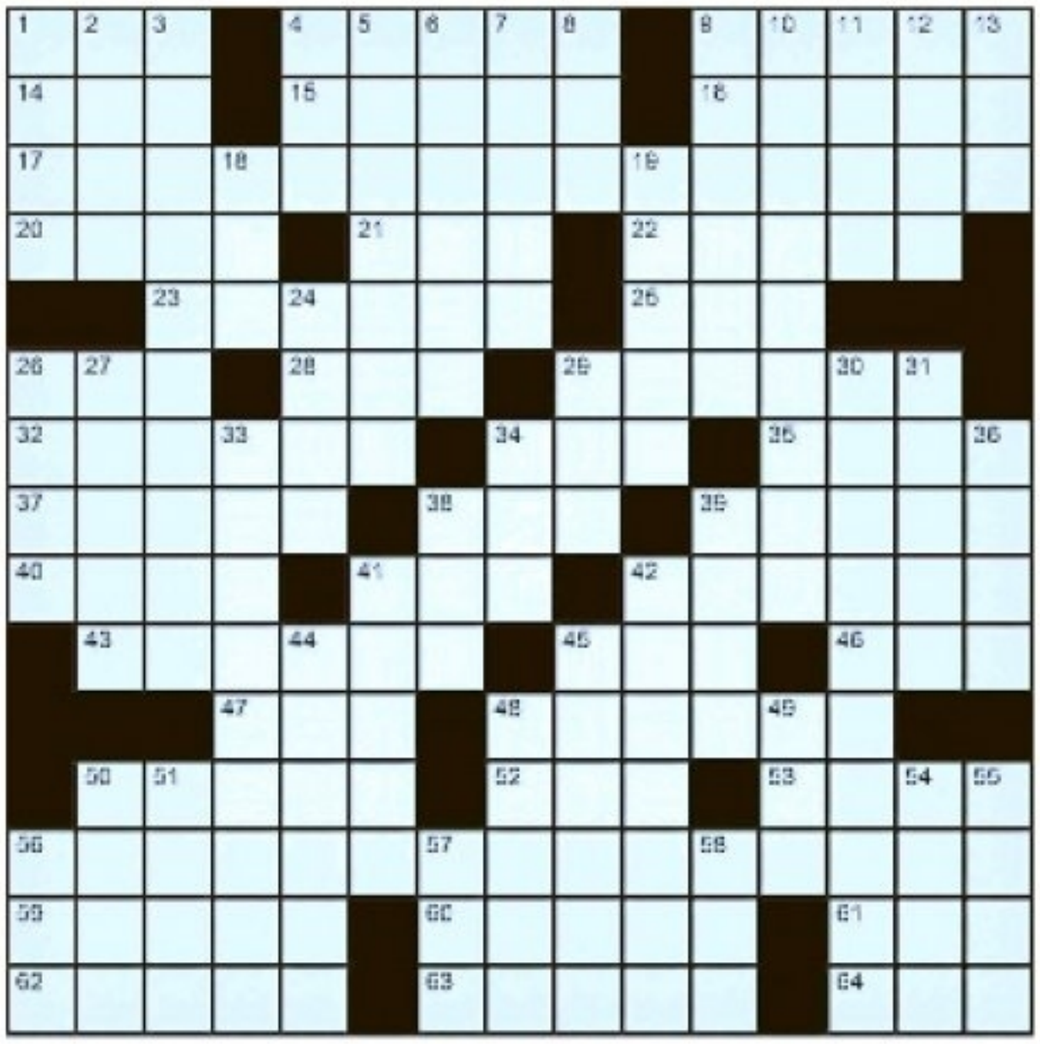
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. RIO 2016: Swimmer's head covering
4. __ Sketch
9. Borders on
14. Kilos alternatives
15. Actress Lindsay
16. Valleys
17. RIO 2016: Aphrodite or Athena, in ancient Greek mythology: 2 wds.
20. Toy company
21. Psychedelic drug
22. Director Sidney
23. RIO 2016: Equestrian stars
25. Here: French
26. Tic-Tac-Toe win
28. Possesses
29. Travel __ (Trip planners)
32. RIO 2016: Like the in-the-pool swimmer: 2 wds.
34. RIO 2016: Athlete's story
35. Deanna __ (Counselor on Star Trek: The Next Generation)
37. Fauna's friend
38. 0 Meridian letters
39. RIO 2016: Points in Soccer
40. Greenish hue
41. Irritate
42. Witty remark: 2 wds.
43. Method
45. __ culpa!
46. Bottom-of-letter letters
47. Rocky hill
48. "__ the highest bidder!"
50. Frigid
52. RIO 2016: American Samoa, IOC-style
53. RIO 2016: Gymnastics legend Ms. Korbut
56. RIO 2016: One of a Heptathlete's skills: 2 wds.
59. "That's __" by Dean Martin
60. RIO 2016: "O Canada! Terre de nos __..."
61. Hebrides 'no'
62. 'Wilde' tail (Gnu)
63. "__ Fine" by The Chiffons
64. Meadow mom

DOWN
1. Curdle
2. Competently
3. RIO 2016: Sports __ (Training component)
4. Rock supergr.
5. Strives/works for: 2 wds.
6. RIO 2016: Runs after a ball
7. RIO 2016: Passes the ball or baton
8. RIO 2016: IOC code for Luanda's country
9. Cite, as evidence
10. RIO 2016: Racket sport
11. Movie beekeeper
12. Quiz
13. "Jaws" (1975) director's initials-sharers
18. Cow's sound
19. 'Few'-meaning prefix
24. Ostrich-like bird
26. Lummoxes
27. Earthenware pots
29. River islet
30. RIO 2016: Sport for Canada's flag bearer Rosie MacLennan
31. Arias
33. RIO 2016: Some athletes
34. RIO 2016: Cycling ___
36. 'Special' suffixes
38. Emerald
39. Prod
41. Rigoletto opera composer
42. RIO 2016: BLR is its IOC code
44. Loo
45. Dances, at a '90s concert
48. Composer/pianist Erik
49. Haul
50. RIO 2016: Team match-up
51. RIO 2016: "Yippee!" in ancient Greece
54. Chew
55. James __ (Pulitzer-winning writer)
56. RIO 2016: Boxing blow
57. "Nope."
58. Soup flavouring cube

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Sudden changes to travel plans are likely. You might meet someone from far away or be surprised to encounter someone from another culture or a different country. Likewise, legal decisions will be unexpected.

Taurus April 21 - May 21
Check your bank account for something unexpected: shared property, taxes, debt, inheritances and wills. Make sure you know what's happening.

Gemini May 22 - June 21
A partner or close friend might throw you for a loop today by doing something you least expect. Someone might demand more freedom in the relationship.

Cancer June 22 - July 23
Interruptions to your work are likely. (Computer crashes, equipment breakdowns, staff shortages and canceled meetings are just some examples.) Allow extra time to cope with this.

Leo July 24 - Aug. 23
A surprise invitation to a vacation or a social event might come your way today. Children might be the source of a surprise. Ditto for sports.

Virgo Aug. 24 - Sept. 23
Something to do with your home routine will change today. Perhaps small appliances break down or minor breakages will occur. Perhaps unexpected company arrives.

Libra Sept. 24 - Oct. 23
Your mind is racing today, because it's full of ideas that you want to share with others — especially siblings, relatives and daily contacts. It's easy to think out

Scorpio Oct. 24 - Nov. 22
Today you might find money; you might lose money; you might lose an item or you might find something that was lost. Count your change and check your bills.

Sagittarius Nov. 23 - Dec. 21
You feel independent and confident today. You also feel ambitious, which is why you might do something different or spontaneously take a new direction.

Capricorn Dec. 22 - Jan. 20
An unexpected secret might come out today because something related to a hidden matter will surprise you. Or you might make a breakthrough in a research project.

Aquarius Jan. 21 - Feb. 19
You love characters! Today is a classic type of day to meet someone who is unusual and different. However, someone you already know might amaze you in a weird way.

Pisces
Feb. 20 - March 20
You might be surprised or caught off guard when talking to parents and bosses today. Someone might suggest something that ultimately gives you more freedom.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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7		9						5

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1	7	5	8	3	2	4	6	9
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3	8	1	2	4	9	7	5	6
5	2	7	3	1	6	8	9	4
9	6	4	7	8	5	1	3	2
7	1	9	4	6	8	5	2	3
6	5	3	1	2	7	9	4	8
2	4	8	5	9	3	6	1	7

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